

Healthy Plymouth

Mass in Motion 2013 Community Report

About Healthy Plymouth, a program of the Town of Plymouth, Plymouth Public Schools and Jordan Health System

Healthy Plymouth, a Mass in Motion initiative, works locally to increase opportunities for Plymouth residents to eat better and move more in the places they live, learn, work, and play. Plymouth is among 52 cities and towns throughout the Commonwealth that are part of the Massachusetts Department of Public Health's Mass in Motion Municipal Wellness and Leadership Program.

Priority Initiatives

- Healthy Markets - offering healthier options at neighborhood convenience stores
- Built Environment - designing vibrant, active neighborhoods for bikers and walkers
- Safe Routes to School - creating safe, walkable routes to school
- School Nutrition - offering healthier foods in schools

Accomplishments

- 7 schools are now participating in Safe Routes to School – allowing Healthy Plymouth to hire a part time coordinator to develop parent task forces.
- 1st store has joined the Healthy Market program.
- Almost 400 purchases at our two farmers markets were purchased through WIC/SNAP benefits.
- Plymouth's Complete Streets Policy is the 1st in the Commonwealth to be adopted by the City

Obesity Rate: 21.3 – 23.5

Quote

"The adoption of our Complete Streets Policy is underway – with practical and safe improvements that change the way our residents are getting to work, walking to school, and being active." Andrea Holleran, Healthy Plymouth Coordinator

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Success Story

In May 2013 the Board of Selectmen adopted a Complete Streets policy – the first in the Commonwealth. The policy focuses on developing a connected, integrated network that serves all road

users. In order to promote this policy and foster community support, MiM Plymouth worked cooperatively with various Town departments as well as Beth Israel Deaconess Hospital - Plymouth (Jordan Hospital), Old Colony Planning Council, and the Board of Selectmen. Phase I on Obery St. has been completed with the inclusion of sharrows (shared lane markings) on the roadway. Phase II will include a dedicated bike lane, pedestrian crossings, two sidewalks, and a roundabout. Future streets planned for improvement are Taylor Ave, Commerce Way, and Samoset Street.

Healthy Eating Highlights

In partnership with the Plymouth School Food Service Department, Healthy Plymouth conducted a workshop with High School students to create three sandwiches that met Massachusetts School Nutrition Guidelines and were appealing to their peers. At the workshop, students learned about nutritional needs in adolescence and how these correlate with new school lunch regulations. A nutrient analysis was done for each sandwich, and students named them according to nutrient content. Sandwiches include: 'The Energizer Eagle', 'The Strengthenizer', and 'The Fresh Frenzy'. They are now being sold at the school cafeteria and next year will be sold in markets nearby.

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Community Partners – Working Together in Plymouth

Town of Plymouth, Old Colony Planning Council, Beth Israel Deaconess Hospital – Plymouth, Plymouth School System, WIC Program Plymouth, South Shore Community Action Council, Edible South Shore, Local farmers, Plymouth Farmers Market, Wildlands Trust, Shields Design Group, MassDoT, Beals and Thomas, studio22web, School Committee, Board of Selectmen.

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